



PRESENTS...



# Boot Camp

Mon., Wed. & Fri.  
5:30-6:30am

If you like a high impact kick your butt type of workout, then this 10 week boot camp program is for you. Come experience how our elite military personal stay in tip top shape and have a little fun doing so. It will be mostly military boot camp movements.

Location:  
180 Oakwood Drive  
Glastonbury  
Behind Keeney  
Rigging & Towing

10 week course  
(Sept 14<sup>th</sup> – Nov. 30<sup>th</sup>)  
3 times a week  
Total cost \$300

Drop in fee: \$20



Alpha Fitness, 385 Center Street, 860-432-9997  
[www.GoAlphaFitness.com](http://www.GoAlphaFitness.com)